



# CLASS TIMETABLE

## *MARTIAL LIFESTYLE STUDIO*

DAY	TIME	CLASS	LEVEL	AGES
MON	4.30 – 5.30	LITTLE DRAGONS	MIXED	4-7 YRS
	6.00 – 7.15	KICKBOXING SYLLABUS	BEGINNER – GREEN	ADULT
	7.15 - 9.00	ADULTS KUNG FU	MIXED	ADULT
TUES	4.30 - 5.30	LITTLE DRAGONS	MIXED	4 - 7 YRS
	5.45 - 7.00	KIDS KUNG FU/KICKBOXING	MIXED	8 - 15 YRS
	7.15 - 8.15	WOMENS CIRCUIT STYLE BOXING	MIXED	ADULT
WEDS	4.30 - 5.30	LITTLE DRAGONS	ELITE ONLY	4 - 8 YRS
	5.45 - 7.15	KIDS KUNG FU/KICKBOXING	MIXED	8 - 15 YRS
	7.15 - 8.30	KICKBOXING	MIXED	ADULT
	8.30 - 10.00	SPARRING	MIXED	ADULT
THURS	4.30 - 5.30	LITTLE DRAGONS	MIXED	4 - 7 YRS
	5.45 - 7.00	KIDS KUNG FU/KICKBOXING	MIXED	8 - 15 YRS
	7.15 - 8.15	WOMENS CIRCUIT STYLE BOXING	BEGINNER - INTERMEDIATE	ADULT
FRI	4.30 - 5.45	KIDS KUNG FU/KICKBOXING	MIXED	8 - 15 YRS
	6.00 - 7.00	AMAZON TOTAL BODY WORKOUT	MIXED	ADULT
SAT	10.00 - 11.15	KIDS KUNG FU/KICKBOXING	MIXED	4 - 14 YRS

## *BACKWELL FOOTBALL CLUB*

THURS	4.30 - 5.30	LITTLE DRAGONS	MIXED	4 - 7 YRS
	5.45 - 7.00	KIDS KUNG FU/KICKBOXING	MIXED	8 - 15 YRS
	7.15 - 8.15	ADULT KICKBOXING	MIXED	ADULT